Signature Olympic Flat Bench

Owners Manual

LifeFitness

Signature Olympic Flat Bench
Safety & Warranty

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

LIFE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other LIFE FITNESS equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. **SECURING EQUIPMENT:** All equipment **MUST** be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

SPECIFIC OPERATING WARNINGS

1. **Do not allow users to wear loose fitting clothing while using equipment.** It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
3. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
4. **Keep children away from selectorized strength equipment.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
7. Do not exceed maximum user weight - 300 lbs.

FOUND ON THE FRAME

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

FOUND AT MOVING PARTS

LifeFitness

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Signature Benches and Racks) is warranted to be free of all defects in material and workmanship to the original purchaser for the specific items and duration listed:

- 10 years on structural frame
- 1 year on bearings
- 1 year on grips
- 1 year on cables and belts (if so equipped)
- 1 year for rust or corrosion of structural frame. Scratches or scrapes where the subsurface of the unit has been exposed must have been properly repaired by the customer.
- 90 days on upholstery and any items not specified.

Life Fitness will ship to you at our expense, any repair parts covered by the warranty as stated. If the Product is deemed not repairable by Life Fitness authorized personnel, we reserve the right to replace any or all of the Product at our option within the stated warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products location, alterations or modifications without written authorization by Life Fitness, or by failure on your part to use, operate, and maintain the Product as set out in your Operation Manual (.Manual.). All terms of this warranty are void if this product is moved beyond the continental borders of North America (excluding Hawaii) and are then subject to the terms provided by that country's authorized Life Fitness Representative.

TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges for year 2 and beyond.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL. 60176

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

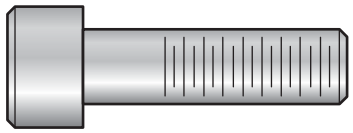
Signature Olympic Flat Bench
Assembly Instructions

Item	Qty	Description	Part Number
1	1	Left Upright	78522XX
2	1	Right Upright	78523XX
3	1	Center Frame	78521XX
4	4	M10 x 45mm Bolt	3256206
5	13	3/8" SAE Washer	3102514
6	4	M10 Nylock Nut	3242002
7	1	Back Pad	7821801
8	1	Head Rest Pad	7821901
9	5	M10 x 35mm Bolt	3256204
10	5	1" Hole Plug	3237403
11	1	Multi-Language Warning Decal	8137701

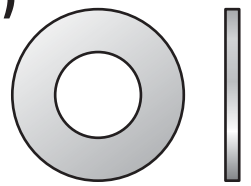
Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Ratchet Extension

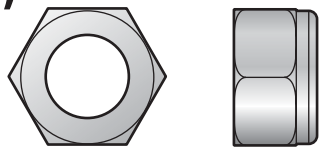
4)



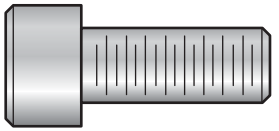
5)



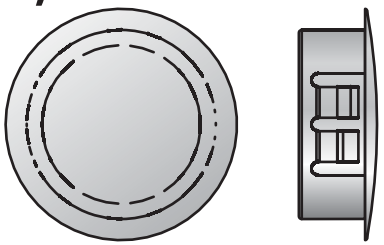
6)



9)



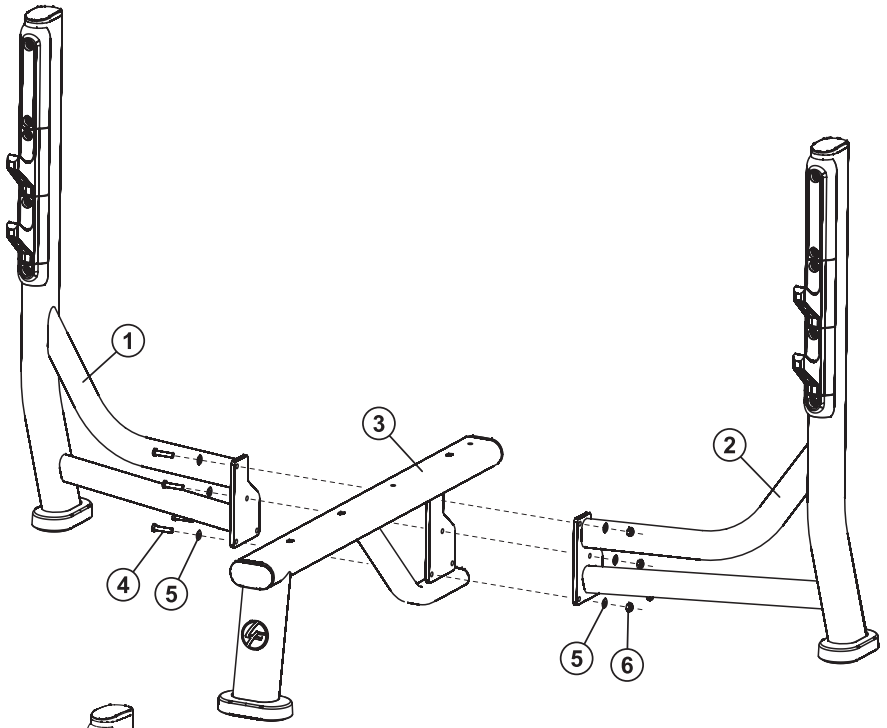
10)

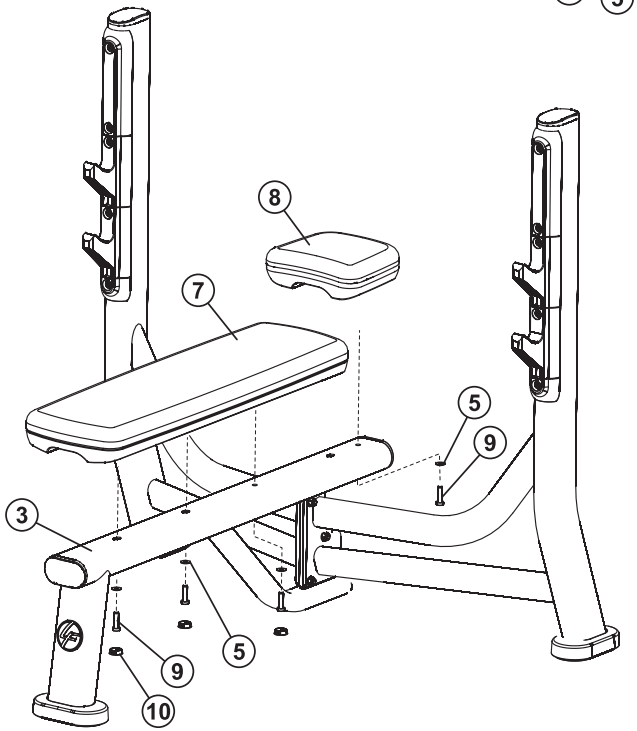


1. Assemble the LEFT UPRIGHT (1) and RIGHT UPRIGHT (2) onto the CENTER FRAME (3) using five M10 X 45mm BOLTS (4), ten 3/8" SAE WASHERS (5), and five M10 NYLOCK NUTS (6) as shown. Tighten all BOLTS and NUTS securely.

2. Assemble the BACK PAD (7) and HEAD REST PAD (8) onto CENTER FRAME (3) using five M10 X 35mm bolts (9) and five 3/8" SAE WASHERS (5) as shown. Tighten all BOLTS securely.

3. Install 1" HOLE PLUGS (10) into all open bolt holes.





LifeFitness

Signature Olympic Flat Bench

© 2006 Life Fitness, a division of Brunswick Corporation. All rights reserved.
Life Fitness is a registered trademark of Brunswick Corporation.